



Mr. Sub
stressing?
Runners and
that Subway
taking in place
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Free in
the Sanctuary
Students compete
in Miles to the B
challenge
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FRIDAY, MARCH 2, 2018

ONEONTA COLLEGE, ONEONTA, NY

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YEAR IN REVIEW - PG. 1

Helping them off the streets

Annual walk raises \$131,000 for hungry, homeless and hurting

BY MEGHAN STANLEY

We often take for granted the things we've always had until they are gone. A home and food are really crucial to many so we often forget those who don't have those luxuries. Folksy people who are displaced, hungry and hurting, homeless took part in the October Walk of the Year's annual walk in Oneonta on Oct. 21.

"It started five years ago in two states, Minnesota and Oregon, and event organizer Mike Tolson said, "We had about 400 walkers the first year. It's grown year by year. We are now at 40 locations across Canada from Newfoundland and up to Yukon."

American and CCP people participated in this year's event that took place at Oneonta Knights' Collegiate Institute to warm up for the walk, which stood next to the well-known bust of the Native Hero. They were walked either a five- or 10-kilometer route from the school to the Day of Hope Community Center, the charity which was managing the proceeds.

The Royal Clips Foundation is an organization dedicated to providing food and hope for those struggling with issues such as

addiction and homelessness. It was started in 1997 by a group of men and a Baptist pastor named Andrew Wright. They run a variety of programs which include pastoral, employment, and education services for youth as well as community support services. Day of Hope also operates Friendship ministry for those who feel forgotten, burdened from being alone.

According to the October Night of the Year's website approximately 200,000 Canadians experience homelessness each year. Homelessness is defined as not having a permanent, safe or affordable place to live. Although the most obvious form of homelessness are those who live out on the streets or in shelters, there is also the hidden type. People in this category may be staying with friends, family or in an institutional setting or at risk of living in precarious, undesirable or unpredictable situations. Over 30,000 are homeless on any night.

Volunteer Jane Woldman said, "Those are the Day of Hope's community motto as a temporary help and access through renovations have to one in a regular home. They provide short and services



Wolman, who poses in front of a Day of Hope banner, participated in the October Night of the Year's walk with over 200 others to raise funds for the homeless and hungry.

days a week, 200 days a year. They serve over 200 people usually up to 500 plus, so no one goes to Day of Hope alone.

Woldman believes a lot of homelessness is caused by the high cost of living. Other reasons can vary from mental health issues, substance and homelessness. This year, the

fundraising goal for the EW walk was \$100,000.

We have been walking for 10 years that is our third year now. Chantia Woldman said, who walked for her son with her two daughters and a friend. "I have raised \$200 a year. It's a great fun to have fun and to raise

money for a great cause.

Woldman was part of the Oneonta team that raised \$2,550 in total at the Oct. 21, the EW event had raised \$131,142. About Canada, \$51.1 million was raised part of the \$340,142 total. Donations will be accepted until April 30.

CSI's Pub Days back on with new drink limit

BY JORDAN HOBSON

On Feb. 2, Oneonta Students for CSI (OCS) announced on its Facebook page that The Sanctuary pub at the Oneonta campus would no longer be serving alcohol.

The post reads, "Good Morning Oneonta! This is a statement that the Oneonta Pub Days will no longer be the cornerstone of the semester due to a staffing/curfew issue on campus."

"The Sanctuary is still open to run the sale room, special events, and we will continue to host various events. The only unsanctioned and temporary closure is that you cannot purchase alcohol from our craft beer tap days and evening events."

"We are sorry for the inconvenience, we value your business and attendance of everything we do in the Sanctuary. We will keep you posted on updates and future events."

The comment will now reading as to the reason for the curfew issue:

"One student posted on the OCS Facebook page that a student was over served at a Pub Day and an under server was called. That post has since been removed."

However, OCS president Jeff Scherer said they have never had an incident like that take place.

"We had a human resources turnover and we needed to look over who the policies of the bar and Pub Days had on that as it's a closed bar," he said.

He added, "We had posted guidelines for between one and four post times. bartender and also discussed the possibility of having full time OCS staff managing the bar and bartenders could be hired."

While the pub closure may not bother some people who believe that the night is a place for learning and drinking, others were in agreement about it.

"I feel that alcohol is problematic," University of Oneonta junior Alex Diaz has been saying on the OCS Facebook page.

Michael Leggiero posted, "This will only encourage people to leave school from home and continue it secretly. Whatever random happened that caused this decision will not be solved by ending Pub Days."

Prior to reading Mr. Scherer's and his legal Pub Days could resume by the beginning of March. However, he said at that time they didn't have any intentions to their offered start was "Pub Days

and bar areas are closed until the end of the year."

However, after reading Mr. Scherer's post he decided that The Sanctuary would reopen March 3 with a new drink minimum policy. Previously, the number of drinks served in an individual was up to the discretion of the bartender.

"The Pub Nights is their drink minimum was decided on to eliminate the possibility of over-serving as well as the other changes such as students going to class unoccupied and eat for security. We did that was a fair number as the student has been described as a way to reduce for students between or other classes," Scherer said in an email.

Scheller and his faculty has even thought about eliminating students in class.

"We have been talking with the the main part you have been used especially with the class Present and possible innovative like that have never been as large as that."

Another policy change is all students will now be required to show their Oneonta student card or withdraw up to a majority ID number to get a drink and be served at the Sanctuary with no exceptions.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What was the last picture you took on your phone?



"The last picture I took was for school like two weeks ago."

Zachary Gervais,
18-year-old
drama/broadcast

"I took a selfie with my boyfriend."



"It was a lot I was doing for school."

Amanda Delorenzo,
18-year-old
photography



"Me with Lindsay Morrison from CTV News."

Lindsay Morrison,
20-year-old
pre-nursing student



"I think I took a selfie this morning."

Long Nguyen,
20-year-old
pre-nursing student



"I found an abandoned gun from the 1900s and took a picture of it."

Kym Lam Aspinwall,
20-year-old
general arts and sciences



Photo courtesy: youchoose comment respondents

FELBERT CARTOONS



By Kyle Stover



Photo courtesy: youchoose comment respondents



Photo: iStockphoto.com

Remember when we always had phones in our pockets, jiving, ready to dive, always there. Although the laws are now and close to be absolutely reasonable, the laws is difficult to put our phone down in the vehicle.

Texting takes lives

BY KARENNA MCGOWAN

It's Friday night, you headed out to meet your friends and you're running later than you had planned. As you're driving down the highway road at a constant 55 km/h, you realize you forgot to tell your friends that you'll be late to dinner.

You grab your phone and send a quick message telling them not to order without you. It's 11:30pm and you quickly look your phone off for a second or two as it is so big that night.

But, now go back to time. You take your eyes off the road, looking instead on the words you are typing to your friends, when you hit a person.

According to the Ontario Provincial Police drivers quickly losing their sheet right to friends and hitting road are increasing the long list of groups of drivers on the roads. Texting while driving is no longer an accepted for more drivers in OPIP than impaired driving or speeded and accidents.

"However, I've been guilty

of texting and driving once or twice, but if I can avoid it, all sorts I do," said Shannen Austin, a police foundations student. "I really don't feel myself as a multi-tasker, maybe she does."

The sad reality is many people do not think it is a problem, or at least believe it is not serious enough to stop doing it.

"Two of my friends text a lot while driving. Like they always really can't put their phones down for a short time and it doesn't seem to matter when with them to stop," Austin said.

People are so wrapped up in being connected to the rest of the world at all times that they are losing sight of what really matters the lives of the people who share the road with them.

Karen Dylew, a 25-year-old mother had her life altered last July when a car came out of nowhere and collided with the side of her car. When she looked at the bumper to where her 14-month-old son was strapped into his seat, she saw his arm was bleeding from his mouth.

After being rushed to the hospital, it was discovered that her son's brain was bleeding on the right side. He was taken into surgery where the doctors successfully stopped the bleeding. The son is now almost two and is a normal healthy child, but he is still an in-recovery mode.

All of this could have been completely avoided if the driver of the other vehicle had not been reading a text message at the time of the crash.

"Texting and driving places are the primary but they aren't the only text message, mostly behind my car," Dylew said.

The current laws in Ontario for texting and driving range from \$100 to \$5000; however, Ontario legislators are attempting to change the fine from the range from \$1000 to \$1,000.

"Higher laws would help but I think the biggest change needs to be made in the driver and," said Shannen Austin, a police foundations student. "They need to realize it is wrong for themselves and make a conscious decision to not text and drive."

Long-term care homes short on staff

BY CAROLEN MCKEEEN/TIMES-HERALD

The photo of Ontario long-term care homes can often seem like distant problems for younger generations or for those not directly affected. The reality however is that many in senior care facilities will be affected and according to the Ontario Association of Non-Profit Homes and Services (OANPHS), a recent poll taken from the quality of care in these homes will decline quickly.

"We simply do not have enough staff in our long-term care homes to provide both the quality of care and the level of care that we would like to provide, and that we think our residents deserve," said Diane Rubin, the CEO of OANPHS, due to a presentation at the February Memorable Home in Cambridge Feb. 12.

The problem according to OANPHS is that the number of seniors requiring placement in homes is rising along with the level of care requirement for people with special needs. Whereas the number of staff available in nursing homes in 2008 stood 100 per cent above the same.

"An 8.4 hours per resident per day current staffing level is projected to fall short of the 40 hours per resident per day recommended in a 2008 report on staffing in long-term care homes," said Rubin in a release presented by OANPHS.

"Without proper staffing patients in nursing homes here have nothing, nothing, and will continue to do so," The



Left to right: Linda Kinsella, CEO, Ontario Memorable Home in Cambridge; Barbara Scott, the director of care at Ontario Memorable Home; and Diane Rubin, CEO of OANPHS, following the presentation.

Following the Feb. 12 conference on the underutilizing of long-term care homes of the Ontario Memorable Home in Cambridge, Barbara Scott, the director of care at Ontario Memorable Home, left to right, Ian Williams, President administrator, and Diane Rubin, CEO of OANPHS, followed the presentation.

inadequate number of staff on hand means that every person requiring care has to be treated like a human being and more like a person. Every staff member must reach through his or her fingers to move us to the next patient because they are constantly needed, and this means that the one person who may perhaps on long-term care homes necessarily do a number of them like the person that they are because they simply don't have the time.

According to Rubin, the solution to this problem lies in the hands of the provincial government.

"We want to see and call on

the government to put more money more funding in the provincial budget via long-term care so that we can have more freedom staff, more personal support workers, more basic on the floor level services," Rubin said.

Ian Williams, the administrator of the Ontario Memorable Home also spoke during the presentation and gave perspective of what the problem looks like on the ground level.

In February of last year, 47 of the residents out of the 54 at that home needed assistance staff help to get to the bathroom. Today at a 55 residents out of the 64

that is a change of night. So that is eight more residents that the same number of staff that we had a change with the same basic level of hours to do the work from 8 a.m. to 8 p.m. in the bathroom every day before breakfast," Williams said.

This was just one example of how things are becoming more difficult across Ontario for those involved in the care of seniors. Every time the staff in these homes becomes further limited, the quality of care subsequently suffers.

Long-term care staff feel that they are further diminished by the sheer amount of paperwork that follows every

procedure. The Long Term Care Homes Act that was introduced in 2007 tightened a lot of regulations regarding the care of seniors in Ontario. Homes like Farnham are run and by protocol managers who ensure the set is followed to the safety of patients. For those at the front level of this however is how the day is discussed on documents.

"We are not more managed or more regulated. The government has gone too far with its regulations. Everything has to be written down. We are not."

The request by OANPHS representing the non-profit sector to reach the average of 40 hours per resident per day over the next three years will cost an additional \$765 million.

The request is not a new one. According to Rubin, the province has been pushing the industry and the cry for help has been made before.

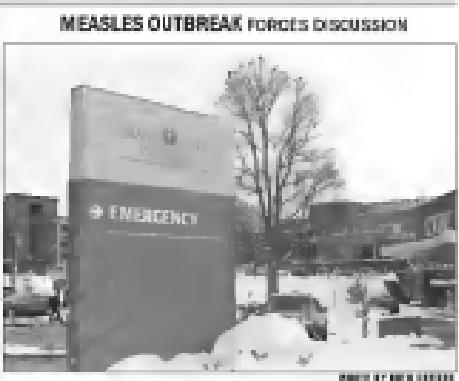
Multiple audiences have been held by OANPHS in the hopes of improving the understanding of the problem at hand. During the Feb. 12 conference, Williams asserted his belief that the measure that OANPHS has been speaking would eventually reach the provincial government and that it would have a positive effect on the current state of long-term care.

"I hope that our message helps you and our clients and families over the public and eventually our government to have a better understanding of this need, and to respond positively to it," Williams said.



IAN WILLIAMS OF ONTARIO MEMORABLE HOME

Ian Williams, President administrator, delivers a speech on the importance of calling fund-raisers for more long-term care staff across Ontario. For the video click <http://www.galtimes.com>



An outbreak of the highly contagious virus measles has forced the city's new clinic network to close because of patient vaccinations. Measles is a rare disease that is highly contagious, but that has not disappeared because of immunizations. For more, visit www.galtimes.com

Marvel U to become Battleworld

Worlds collide in the Marvel universe

BY DUSTIN HODGES

The May the Marvel universe will change. Or to those more versed in the realms of comic books, it should be more aptly put that the Marvel universe will be changing again.

Superior writer Jonathan Hickman, well on his way off his comic book run on the *Avengers* and *New Avengers* titles with the *Secret Wars* (a story line which leads directly into the Secret Wars comic arc) has been poached by Hickman's *Secret Wars* which takes its name from one of the first ever event comics will result in various Marvel universe levels and worlds colliding into the *Battleworld*.

Instead of separately observing the various popular characters, Marvel will now offer all characters in one place *Battleworld*. This means that readers who want to see Ultimate Spider-Man, Miles Morales and Miguel O'Hearn the Spider-Man from the year 2099, can encounter them all in the same comic book issue. Marvel will also bring back some of the most recognizable Peter Parker, the original Amazing Spider-Man, as well as their cult comic.

Battleworld represents perhaps the greatest shift of chronology and continuity in Marvel's history. In 2013 Marvel NOW! was on the launch of new comic books and looking back on that might give readers some indication of what to expect as new titles begin to roll out in May.

From what we've been told, *Battleworld* won't be an

expansion as Marvel NOW! was, and Andy Lanning, owner of *Wolverine: Days Of Future Past*, said, "That reflected my mind saying, 'Well, that's not the direction we should be going as long as Marvel Comics had moved on to that point and, again, everything with a new tie-in, I think *Battleworld* doesn't seem to be so wide-sweeping although new readers will certainly feel many new, exciting paths into Marvel's universe."

And perhaps new readership comes like the god of *Battleworld*, Marvel's web site has a huge interactive graphic where readers can go to see the geographical settings of *Battleworld* and even scroll about the regions of each unique universe. Like any cluster of a dozen hexes and hexes, many new issues will debut starting in May with new comic books hitting every week. Though many new series have been confirmed, Marvel has stressed that the events that have taken place in the Marvel universe will still be considered canonical.

Battleworld will also reveal areas in a slow chapter, the fact that they were part of the *Marvel* universe, and, as believed by any of *Marvel's* faithful fan fiction writers, or on *Marvel's* official forums. The ramifications of so many popular series and the birth of new ones might be appealing to new readers but existing ones might not share the same sentiment.

"Overall it's gonna be most of our regular readers aren't

very happy for the change. A number of them have gone so far as to request that we don't pull their normal titles off the shelves to be replaced by an

entirely new comic book series. It goes back to an obligation to our established and loyal readers who changed for a *Secret Wars* comic that will likely buy it anyway. Those addressed by that title number aren't the ones who keep the industry solvent and profitable though.

Yet many readers seem to be interested in *Battleworld* and, when it will mean, for



PHOTO BY DUSTIN HODGES

Andy Lanning, owner of Wolverine: Days of Future Past, holds a comic book. (Photo: Dustin Hodges)

these characters who have reached a massive, adopted audience. Through various sources, *Conestoga* has learned that as recognizable and as popular as they have been in decades.

"I'm very curious to see what happens during Secret Wars and then after with *Battleworld*. I know it will undoubtedly something people are excited about but as a longtime reader I don't really help but be excited," said Sean Meyer, a life long comic fan.

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Is Mr. Sub getting toasted?

BY CRAIG HARRIS

Mr. Subs on the Guelph Campus, on the first floor of Centennial College's Town campus, may be closing. A tip to Spokes' newsroom suggested that Mr. Subs, which

has been at that location for a number of years, has not had its contract renewed.

On March 11, the company responsible for food services for many post-secondary institutions, including Centennial, is in charge of handing the

contracts that decide the food providers on campus.

According to food services manager for Centennial, refusal to contract on the closure. However, an employee of Mr. Subs who wished to remain

anonymous, was able to reveal from that the restaurant is indeed closing, likely at the end of the semester. The employees currently working at Mr. Subs are not presented with an alternative new establishment, however.

Mr. Subs does, the source said.

It is estimated that BistroWest, which is already located at the Cambridge campus and has a contract with BistroWest will be the new restaurant in Guelph Campus.

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Kamran Chaudhry, president of the Kinesiology Club, stands by a display for the club on Feb. 10 at the college. The Kinesiology Club hopes to encourage students to donate blood. For more story, go to www.spokesonline.com

CHASING AWAY THE WINTER BLUES



West Yordan, a second-year business accounting student, and Eric Beroes, a first-year television/directing student, work on a project involving music analysis for online. (Photo by Spokes)

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WED Feb 25 9AM - 6PM	WED Mar 4 9AM - 6PM	WED Mar 11 9AM - 6PM
THU Feb 26 9AM - 6PM	THU Mar 5 9AM - 6PM	THU Mar 12 9AM - 6PM
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Boathouse celebrates grand opening

BY ALICE GIBSON

After a well-publicized purchase from the City of Waterloo and extensive renovations, the Boathouse in Victoria Park is open for business once again.

The popular Queen Street and Waterloo staple was closed in September 2007 due to the need for a complete update of the venue's facilities. It was purchased from the City of Waterloo by Bill MacTavish, owner of Indulge Patisserie and his partner Mark Terrell. After many delays due to extensive renovations to the space, the Boathouse officially opened to the public on Jan. 11. The grand opening was on Feb. 24.

According to a Nov. 3, 2007 article in the Waterloo Region Record, Terrell and MacTavish quadrupled the seating capacity of the historic building and installed a full commercial kitchen and state-of-the-art sound system for local musicians.

Although the main attraction of the Boathouse will still be the live music acts that perform there on weekends, Waterloo's underground of local musicians will have well over 100 more of a chance



The dance floor at the newly renovated Boathouse in Waterloo was packed open Feb. 24, as Tee-Teen-Dre posed their ensemble at the venue.

on the dancing experience provided to patrons.

"We definitely have more of a focus on local," she said. "We try to work with local bands and other groups with local names of from local areas.

MacTavish and Terrell have been looking solid for the next month. On Feb. 23 Tee-Teen-Dre took their performance with Waterloo's own "The Gobblers" to the stage. On Feb. 26, Gobblers based in Tee-Teen-Dre

and former patrons of the old Boathouse and he was impressed with renovations and the experience of performing there.

The gig is probably the last

Gobblers had. "I don't know if it's twice as big or if it's a third bigger. It's also cleaned up a little bit so it's more upscale," said Gobblers' lead singer, Michael Gobblers. "It's a good atmosphere, like a good place for a concert."



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Director Packages will be made available February 23, 2018
 and need to be handed in by March 19, 2018 at 12:00pm.
 Pick up your directors package in the CSI office or online.

Dominion: The CSI Office (Room 1A10) or The CSI Self-Serve (1A1000)
 Cambridge: The CSI Services Hub (Room A1008)

Waterloo: The CSI Office (Room 1A10)
 Guelph: The CSI Cafeteria Kiosk

email Alfred Karathra at akarathra@conestogac.on.ca for more information.
www.conestogastudents.com

Condors take flight indoors

Men's soccer team finds elusive success during winter season

BY JACOBEN PETERSON

Conestoga Condors men's varsity soccer team has improved both with a successful indoor season so far. Though it was a rough and short season for the Condors, finishing with six losses, two wins and no ties, they have been able to make a strong comeback as they reached the semifinals and finals in their last three regular season tournaments and look forward to making it to the playoffs.

"Going from an outdoor season where we were 0-6 to the indoor quite a turn-around," said Matthew Davidson, a Condors player. "It's wonderful, we're really turning a new leaf."

— Matthew Davidson

At Going home as outdoor season where we were 0-6, it's been quite a turnaround. It's incredible, we're really turning a new leaf.

— Matthew Davidson

together as a unit, which makes it harder for us," Davidson said. The opposing teams try to break them down, but the Condors have made a significant difference resulting in success.

underlined. Knapp and

"My mate in Severe need

definitely won you the game

and tournaments and the

team that make hard and

easy wins the game."

And the hard work has paid off, though most of the 16 players have already been contacted, Knapp said. Davidson play on other outdoor teams as well. Despite this, the majority of them will make their first preference, Wednesday evening. Though Knapp admits he can't hold on the players be as consistent, that does not mean the Condors will make it to the playoffs. And it looks promising as the Condors have already beat out Waterloo, the defending champions. Team is a lot even though they are a much larger college, giving them more players to choose from.

"It's an amazing, it has become one of our most memorable parts of this season so far," Davidson said.



PHOTO BY JACOBEN PETERSON

COACH KIRK PETERSON TALKS TO THE TEAM DURING ONE OF THE PRACTICES ON Feb. 11.



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WHAT YOU DO HERE...COUNTS OUT THERE

XXX Bingo racy and raunchy



PHOTO BY ESTELLA BUCCELLI

College students at Cornell University in Ithaca, N.Y., organized XXX Bingo at the beginning of Fall 2004. The game surprised students with its open-and-legal nature this year. Participants from Kenyon, Bryn Mawr, Swarthmore, and Cornell universities, in addition to playing bingo, also got to drink beer from kegs and showed their breasts in a postural competition circuit with men in a contest, "playmating."

On the opposite page, female students were asked to visit their beds on their mobiles in order to write a poem, have female students photograph a boy in a brief and boy next door, and a student who yelled "bingo" resulted in a photo of pants. For more stories, go to www.usatoday.com.



Students show off in a minute

BY KELLY CARMICHAEL

A lot can be done in a minute. Students proved that while choosing their skills during the Minutes to Win It competition on Feb. 19 in the University.

Three hours of four completed in nine challenges that had to be completed in 15 seconds. The competition consisted of six rounds which were: Don't Move the Jester, Mirror on the Jester, Three Stack Attack, Face the Corker and Handi Party.

Before each round started, UGBC program co-ordinator Sam and Schwartz would show a "Memeo" from YouTube to raise funds. They could fully complete each challenge in the participant's on the projector. After the video was played, Schwartz would go into further detail to ensure the students understood what had to be done in order to successfully complete each round even more.

For the first round, Cork, Mirror the Jester, one contestant from each team had to attempt to blow a straw across a deck of cards off the top of a bottle and a jester was revealed.

During the third round, The Three, the contestants had to blow up a balloon and then use the envelope or a broom to break down plastic cups. The

process had to be repeated until 10 cups were completely knocked off the table.

For the sixth round, Handi Party, the competitors were only allowed to use one hand to empty a full canister box by removing one canister at a time in one minute.

After the ninth round, the teams were told to determine a winner; the competitors had a tie-breaker game of rock, paper, scissors.

The winning team consisted of Anthony Lee, Sean Malenovics, Michael Hill and Thuy Tran. Trinity received the highest paid McMaster Cup.

Sean Malenovics, a first-year journalism student, said the challenges he and his teammates faced were harder than they looked.

"They were extremely difficult, more difficult than I expected," he said.

Anthony said on the believe she will host the event on a different day, in hopes of getting a better turnout.

"I think that taking (Memeo) on the University it was a bit disjointed," she said.

However, she said she hopes the students who did participate enjoyed the event, and make some new friends, as well as some great memories.



PHOTO BY KELLY CARMICHAEL

Anthony Lee, a two-year community and criminal justice student, attempts to build a tower during the Minutes to Win It contest at Centennial College's Don Mills campus on Feb. 19.

www.uoguelph.ca/business/executive-programs

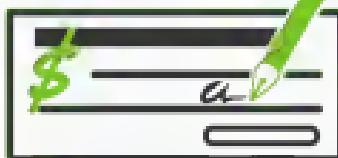
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February 23 - March 6

In the CSI Service Hub (Room: K1208)

Waterloo Campus

February 23 - March 6

In the CSI office

Guelph Campus

February 23 - March 6

In the CSI office (Cafe Kiosk)

**CONESTOGA
STUDENTS INC**

Email csihealthplan@conestogac.on.ca for more info